

Championnats de District 2023
Seraing, 4- - 5-11-2023Epreuve 4
04-11-23 - 10:27

Messieurs, 400m 4 nages

11 ans et plus
Liste résultats11 ans Ben: 7:32.78 / 12 ans Ben: 6:55.85 / 13 ans Min: 6:31.92 / 14 ans Min: 6:16.14 / 15 ans Cad: 6:02.33 /
16 ans Cad: 5:50.39 / Jun: 5:41.13; 19 +: 5:20.51

Points: FINA 2020

Rang			AN						Temps	Pts
Benjamins										
1.	SCHEPERS Thimothée		12	Perron				5:59.11	313	
	50m:	37.81 37.81	150m:	2:08.16	44.50	250m:	3:45.15	52.04	350m:	5:19.23 39.17
	100m:	1:23.66 45.85	200m:	2:53.11	44.95	300m:	4:40.06	54.91	400m:	5:59.11 39.88
Benjamins										
1.	ALBORES-SANCHEZ Rafael		11	Perron				5:24.74	423	
	50m:	34.81 34.81	150m:	1:55.83	41.80	250m:	3:25.59	48.43	350m:	4:48.96 36.51
	100m:	1:14.03 39.22	200m:	2:37.16	41.33	300m:	4:12.45	46.86	400m:	5:24.74 35.78
2.	JAENEN Per		11	Ecole de Natation Waremme				5:35.80	382	
	50m:	37.15 37.15	150m:	2:00.01	40.73	250m:	3:31.14	50.43	350m:	4:59.25 37.49
	100m:	1:19.28 42.13	200m:	2:40.71	40.70	300m:	4:21.76	50.62	400m:	5:35.80 36.55
3.	FERRARI Maxime		11	Perron				5:50.78	335	
	50m:	38.47 38.47	150m:	2:05.94	45.22	250m:	3:42.65	51.49	350m:	5:12.66 38.99
	100m:		200m:	2:51.16	45.22	300m:	4:33.67	51.02	400m:	5:50.78 38.12
disq.	KONACKI Baris		11	Namur Olympic Club				5:48.34		
	<i>SW 9.3 - Non respect des règles pour la touche finale d'un des styles.</i>									
	50m:	35.65 35.65	150m:	2:01.18	43.25	250m:	3:37.29	51.24	350m:	5:09.92 39.32
	100m:	1:17.93 42.28	200m:	2:46.05	44.87	300m:	4:30.60	53.31	400m:	5:48.34 38.42
Minimes										
1.	COUNARD Matéo		10	Ecole de Natation Waremme				5:33.89	389	
	50m:		150m:	1:59.06	41.48	250m:			350m:	
	100m:	1:17.58	200m:	2:40.97	41.91	300m:	4:20.59		400m:	5:33.89
2.	DAVID Alan		10	Perron				5:45.07	352	
	50m:	38.08 38.08	150m:	2:04.91	44.01	250m:	3:39.21	52.06	350m:	5:07.91 37.35
	100m:	1:20.90 42.82	200m:	2:47.15	42.24	300m:	4:30.56	51.35	400m:	5:45.07 37.16
3.	JANS Ruben		10	Perron				6:21.03	262	
	50m:		150m:	2:16.43	49.27	250m:	3:43.03	38.31	350m:	3:54.00
	100m:	1:27.16	200m:	3:04.72	48.29	300m:			400m:	6:21.03 2:27.03
Minimes										
1.	TUDOR Stefan -crisi		09	Cercle Royal de Natation Arlonais				6:27.54	249 *	
	50m:	38.40 38.40	150m:	2:19.72		250m:	4:10.30		350m:	5:49.75
	100m:		200m:			300m:			400m:	6:27.54 37.79
disq.	KONACKI Akin		09	Namur Olympic Club				5:37.69		
	<i>SW 7.6 - Arrivée ou virage à une main ou non simultanément des deux mains.</i>									
	50m:	35.52 35.52	150m:	2:00.93	42.46	250m:	3:34.30	51.82	350m:	5:01.18 34.75
	100m:	1:18.47 42.95	200m:	2:42.48	41.55	300m:	4:26.43	52.13	400m:	5:37.69 36.51

**Championnats de District 2023**
Seraing, 4- - 5-11-2023**Epreuve 4, Messieurs, 400m 4 nages****Cadets**

1. LECOCQ Justin				08	Ecole Seraing Natation a.s.b.l.		4:54.70	566		
50m:	29.50	29.50	150m:	1:42.36	250m:	3:01.22	350m:	4:20.22	34.17	
100m:			200m:		300m:	3:46.05	44.83	400m:	4:54.70	34.48

Cadets

1. BENNANI Walid				07	Ecole Seraing Natation a.s.b.l.		4:59.28	540			
50m:	31.02	31.02	150m:	1:44.36	37.54	250m:	3:05.14	44.13	350m:	4:24.18	35.43
100m:	1:06.82	35.80	200m:	2:21.01	36.65	300m:	3:48.75	43.61	400m:	4:59.28	35.10
2. BAETS Ethan				07	Ecole Seraing Natation a.s.b.l.		5:28.97	407			
50m:	34.70	34.70	150m:	1:58.01	42.12	250m:	3:26.85	45.94	350m:	4:50.47	39.02
100m:	1:15.89	41.19	200m:	2:40.91	42.90	300m:	4:11.45	44.60	400m:	5:28.97	38.50